

Salicylates, Amines and Glutamate Diets

Certain foods and food additives can cause an adverse reaction in people who have food sensitivities or food intolerances. The reactions vary from person to person, but include hives (a type of skin rash), headaches, stomach or bowel problems and feeling unwell or irritable.

Most people who have a food intolerance are sensitive to more than one chemical in foods. These can be found in natural foods as well as packaged foods and artificial food additives. Your reaction to these chemicals depends on the amount you consume, which varies across different types of foods. The more of these consumed in your daily diet, the more likely it is that reactions will occur. The strength of the reaction also varies between people. Some people react very strongly to the chemicals while others have a milder reaction. Sometimes a reaction lasts for several hours, while more severe reactions may last for several days.

It is important to work out your 'threshold' for reacting to these chemicals in foods – the threshold is the amount that causes you to react against it

Salicylates

Salicylates are a family of plant chemicals found naturally in many foods, including fruits, vegetables, herbs and spices, nuts, jams and honey, sweets and yeast extracts. They are also present in drinks such as tea and coffee, juices, beer and wines. Salicylates are found in some flavourings, perfumes, scented toiletries and certain medications (e.g. aspirin).

Amines

Amines form when proteins are broken down and during certain processes like fermentation. They can be found in foods such as cheese, chocolate, yeast extracts and spreads (e.g. Vegemite), fish products (e.g. smoked salmon), vinegars, fresh fruits and vegetables (e.g. lemons, bananas, citrus fruits, passionfruit, avocados, tomatoes, broadbeans, cauliflower and eggplant).

Glutamate and MSG

Glutamate is found naturally in most foods, and is a key component of protein building. It enhances the flavour of food. Foods that are rich in natural glutamate include tomatoes, sweet corn, leeks, cheeses, mushrooms and broccoli. Glutamate may also be added to stock cubes, sauces (e.g. soy sauce), meat extracts and yeast extracts. A type of glutamate called monosodium glutamate (MSG) is also used to enhance the flavour of some soups, sauces and snack foods. The more 'tasty' the food, the more likely it contains higher levels of glutamate.

Salicylate, Amine and MSG Diets

Foods listed in the High and Very High columns should be AVOIDED

Foods listed in capitals also contain AMINES

Foods listed with an asterisk (*) contain MSG

Sweets				
Negligible	Low	Moderate	High	Very High
Carob COCOA Maple Syrup White Sugar	Caramels Golden Syrup	Molasses		Honey Liquorice Peppermints

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Herbs & Spices				
Negligible	Low	Moderate	High	Very High
	Garlic Malt Vinegar Parsley Saffron SOY SAUCE* TANDOORI Vanilla		Allspice Bay Leaf Cardamon Caraway Cinnamon Clove Ginger Nutmeg Pepper (Black) Pepper (White) Pimento WHITE VINEGAR	Aniseed Canella Cayenne Cumin Curry Dill Five Spice Garam Masala Mace MARMITE* Mint Mixed Herbs Mustard Oregano Paprika Rosemary Tarragon Tumeric VEGEMITE* WORCESTER SAUCE
Drinks				
Negligible	Low	Moderate	High	Very High
Coffee Decaffeinated Other AKTAVITE MILO OVALTINE Alcohol Gin Whisky Vodka	Coffee Harris Instant Bushells Instant Andronicus Bushells Turkish Robert Timmins Instant Pablo Instant Tea Camomile Cereal Coffee Ecco Bambu Danelion	Coffee Harris Mocha International Roast Instant Moccona Instant Nescafe Instant Reform (Cereal) Tea Decaffeinated Fruit Rosehip Other COKE Fruit Juice Rosehip Syrup Alcohol BEER BRANDY* CIDER SHERRY*		Tea All Brands Peppermint Cereal Coffee Nature's Cuppa Alcohol LIQUEUR* PORT* RUM* WINE*

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Fruit				
Negligible	Low	Moderate	High	Very High
BANANA Pear Peeled	Golden Delicious Apple (Peeled) PAW PAW Pomegranate	Custard Apple FIG LEMON Loquat Pear (With Peel) Persimmon Red Delicious Apple Rhubarb Tamarillo	ADVOCADO Grapefruit Granny Smith Apple Jonathan Ap[ple KIWI FRUIT Lychee Mandarin Mulberry Nectarine PASSIONFRUIT Peach Tangelo Watermelon	Apricot Blackberry Blackcurrant Boysenberry Cherry Cranberry Currant DATE GRAPE* Guava Loganberry ORANGE PINEAPPLE PLUM PRUNE* Raisin Raspberry Redcurrant Rockmelon Strawberry Sultana Youngberry
Vegetables				
Negligible	Low	Moderate	High	Very High
Bamboo Shoot Cabbage Celery Lettuce Potato (Peeled) Swede Dried Beans Dried Peas Brown Lentils Red Lentils	Brussel Sprout Chive Choko Green Beans Green Peas LEEK Mungbean Sprout Red Cabbage Shallot	Asparagus Beetroot BROCCOLI* Carrot CAULIFLOWER Marrow MUSHROOM Onion Parsnip Pumpkin SPINACH Sweet Corn* Sweet Potato Turnip	Alfalfa Sprout BROADBEAN Cucumber EGGPLANT Watercress	Capsicum Champignon Chicory Endive GHERKIN Hot Pepper OLIVE Radish TOMATO PRODUCTS* Zucchini

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Nuts				
Negligible	Low	Moderate	High	Very High
		BRAZIL COCONUT HAZELNUTS MACADAMIA PEANUTS PECANS PINENUTS PISTACHIO SESAME SEEDS SUNFLOWER SEEDS WALNUTS		ALMOND Water Chestnut